

Abstract—The purpose of this study was to determine the effect of a 10-week training program on the heart rate (HR) and energy expenditure (EE) of sedentary, middle-aged men. The subjects were 10 men, 40 to 50 years of age, who had been sedentary for at least 10 years. They were randomly assigned to a 10-week training program or a control group. The training program consisted of three sessions per week of aerobic exercise at 60% of maximum HR. The control group continued with their sedentary lifestyle. The HR and EE were measured at rest and during exercise at the beginning and end of the 10-week period. The results showed that the training program had a significant effect on both HR and EE. The HR at rest decreased from 72 to 68 beats per minute, and the HR during exercise decreased from 155 to 145 beats per minute. The EE at rest decreased from 1,800 to 1,700 kcal per day, and the EE during exercise decreased from 2,500 to 2,300 kcal per day. The control group showed no significant changes in HR or EE. The results of this study suggest that a 10-week training program can have a beneficial effect on the HR and EE of sedentary, middle-aged men.

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